

Cardiovascular System Test Review

Label Diagrams of Heart and Lungs

Purpose of Cardiovascular system

Typical measures of SV, HR, CO, BP, Ejection fraction and Blood (AVOD)

What happens after *long term* aerobic training?  
What effect can this have on sport performance?

Define  $\text{VO}_2$  Max and what suggestions do you have for improvement

Path of Blood  $\text{O}_2$  and Blood in the body

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